I claim.

- 1. (Original) A bicycle frame comprising:
- a central load bearing assembly comprising two spaced-apart frame elements maintained in spaced-apart relationship by a plurality of spacers;
- a swingarm assembly having first and second ends, said first end being pivotably mounted on said central load bearing assembly at a first attachment point, said second end of said swingarm assembly having a rear wheel releasably secured thereon;
- a headset mounted on said central load bearing assembly for supporting a steering and front fork assembly, said front fork assembly having a front wheel releasably mounted thereon; and
- a crank bracket mounted between said two spaced-apart frame elements of said central load bearing assembly, said crank bracket being located offset from said first attachment point of said swingarm assembly, said crank bracket supporting a crank assembly.
- 2. (Original) The frame according to claim 1, wherein the two spaced-apart frame elements are interconnected by a spine, the spine being formed by folding a plate having opposed frame element patterns formed therein.
- 3. (Original) The frame according to claim 1, wherein the two spaced-apart frame elements are separate plate structures.
- 4. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein one or more additional plates elements are incorporated to provide additional strength to the central load bearing structure.
- 5. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said headset is pivotable within the plane of said central load bearing assembly to allow said steering and front fork assembly to rotate between an operational position and a compact stowed position, said headset being lockable in either of said operational or stowed positions.

- 6. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said swingarm assembly is detachable from said first attachment point.
- 7. (Original) The frame according to claim 6, wherein said central load bearing assembly further comprises a second attachment point for attachment of said swingarm assembly in a compact stowed configuration.
- 8. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said headset is positioned between said frame elements.
- 9. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1 further comprising a tail block mounted on said central load bearing assembly, said tail block supporting a seat assembly for a rider.
- 10. (Original) The frame according to claim 9, wherein said tail block is positioned between said frame elements.
- 11. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said crank bracket is of cylindrical configuration and positioned within corresponding apertures in said frame elements, said crank bracket being removeably retained by at least one circular clip.
- 12. (Currently Amended) The frame according to claims claim 9, wherein said swingarm assembly has a suspension attachment means for attachment of a shock absorber spanning from said swingarm assembly to a suspension attachment means on said tail block or frame.
- 13. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said swingarm assembly is a single unitary structure.
- 14. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said swingarm assembly is of plate-frame construction comprising a plurality of components arranged to support a rear wheel thereon.

- 15. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein swingarm assembly is detachably and pivotally connected to said frame elements by means of a pin and circular clip received in corresponding bores within said swingarm assembly and said frame elements.
- 16. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said spacers are held in place by threaded fasteners or weldments.
- 17. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein operational elements added between said frame elements are substantially equal in width to said spacers.
- 18. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said spacers provide support for mounting cable routing fixtures.
- 19. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said frame elements are made from a material selected from the group consisting of metal, fiberglass and composites.
- 20. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said frame elements are made from aluminum or titanium plate.
- 21. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said frame elements comprise elongated slots or drill holes to reduce overall weight.
- 22. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said swingarm assembly further supports a gearing means and braking means.
- 23. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein said frame is Y-shaped in side profile.

- 24. (Currently Amended) The frame according to any one of claims 1 to 3 claim 1, wherein the two spaced frame elements are generally planar.
- 25. (Currently Amended) A method of forming a central load bearing assembly of claim 1 which has spaced apart frame elements, the frame elements providing for a first attachment point for a swingarm assembly, an attachment point for a headset, an attachment point for a tail block and an attachment point for a crank bracket, the method comprising folding a blank having two opposed frame elements interconnected by a web where the blank is folded along the web to provide spaced-apart opposed frame elements interconnected by an integral spine formed by said web.